



# USAF SERVICES COMMUNITIES

A Newsletter of the United States Air Force Community Centers

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## Curb Road Rage Before it Curbs You!

After speeding down the interstate, weaving in and out of traffic, jamming on the brakes, cutting others off and throwing rude gestures at other drivers, you arrive (amazingly!) at your destination. Sure

you may have antagonized other motorists in the process and maybe you didn't obey every single law, but you had good reason, right?

Wrong.

Hostility on the road not only affects drivers with feelings of road rage, but also every other driver on the road, leaving everyone feeling frustrated and stressed.

According to a report published by the Texas Department of Public Safety, "Road rage has been established as a contributing factor in many traffic accidents."

Road rage has become such a widespread problem that the term has been officially adopted into the English language, appearing in the New Words edition of the Oxford English Dictionary in 1997.

A study on road rage by the AAA Foundation for Traffic Safety analyzed approximately 10,000 aggressive driving accidents reported around the nation since 1990. The study indicated that in 35% of the cases, a vehicle was used directly as a weapon. Men between the ages of 18 and 26 were

the drivers most likely to be involved in aggressive driving accidents.

Here are a few tips for preventing road rage:



### Don't get too upset.

Give drivers the benefit of the doubt -- that they made a mistake by cutting you off and let it go. Take a deep breath, and when it's safe to pass, calmly indicate your acknowledgement of what they did. Nobody is perfect. Stay away from irresponsible drivers on the road instead of antagonizing them even more. If another driver's aggressive behavior is intentional, the best thing to do is avoid eye contact and get out of the way.

### Stay on your guard.

Road rage is usually precipitated by a glaring driving error which puts those around you in jeopardy. Simple practices like signaling appropriately

when changing lanes or turning can help you avoid road ragers.

### Maintain Distances

It's not a race. It's not fun to have someone surgically attached to your bumper, so why attach yours to others? Don't tailgate and get into the right hand lane if someone is moving at a faster rate of speed than you are.

### Don't speed.

We've all heard the cliché, "Arrive Alive." Driving fast provides you with no opportunity to react to the fatal flaws of others, to change lanes,

make an exit or stop unexpectedly. Obeying the speed limit will more likely lead to less aggressive behavior because of the stress associated with driving at recklessly higher rates of speed.

*Story and photo courtesy of ARA Content.*

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## Do You have GI Mail?

Global Internet Mail (GI Mail) is available to members of all military services. For deployed military members, GI Mail offers a web-based mail service free of advertising and provided from a secure server.

Web Based email gives you the ability to send and receive email without the need to configure your email client (such as Outlook or Outlook Express). The benefits of Web Based email include the ability to access your email anywhere you have web access. It's easy to use since there are no client settings and you can access your email on more than one computer without having to configure an email client.

Your mail connection with GI Mail is via a 128-bit SSL connection. Remember, though, that you can communicate with any other e-mail account throughout the world, so appropriate awareness of operational security needs to apply to the content of your messages.

You can use the Address Book to store important or frequently-used email addresses as well as other descriptive information. Adding entries to your address book can actually save you time when sending email messages. Just like a speed dial on a phone, you can use the address book to send emails to people without the need to constantly re-specify their email address.

Account registration and use of GI Mail will be available to users from any computer with Internet access. All previous and new users will be validated through

the Defense Eligibility Enrollment Reporting System (DEERS - ID card); eligible users will include active duty, reserve, National Guard, retired or Civil Service employees and their authorized family members.

To access GI Mail, simply enter <http://www.gimail.af.mil> in your

web browser's address line, then log in by entering your GI Mail user name and password. Any eligible person without a GI Mail account can create one by clicking on the Signup button in the GI Mail login screen and completing the GI Mail registration.

### Sign up for the Air Force Marathon

Are you a runner looking for a challenge? Sign up for the annual U.S. Air Force Marathon (USAFM) hosted by Wright Patterson Air Force Base (WPAFB) on September 18, 2004. The course is a 26.2 mile run that traverses historical places on WPAFB, including the United States Air Force Museum, the Air Force Institute of Technology, Headquarters Air Force Material Command, the WPAFB Flightline and the Wright Brothers Memorial Monument.

All levels of runners from around the world, including wheelchair participants, half-marathon, and 5K runners, are invited to enter, whether military or civilian. The USAFM course is certified by the USA Track and Field Association (#OH 97034 PR). The course contains a large number of hills and has been called "more challenging than the Boston Marathon!"

However, at the same time, the USAFM has earned the reputation for being a "Professionally-run, large-scale marathon with the feel of a small-scale race." This is due to the 8-hour time limit allowed for finishing the marathon (plenty of time to walk it if necessary!), the large number of water and electrolyte stations, and the helpful attitudes of its mostly-volunteer staff.

Individuals can enter the marathon, half-marathon or 5K race. Relay teams of up to four people can sign up for the marathon. Registration entry deadline is September 07, 2004. All registered runners receive a T-shirt and patch. All runners who finish also receive a medallion.

For more information, call 1-800-467-1823, e-mail [USAF.Marathon@wpafb.af.mil](mailto:USAF.Marathon@wpafb.af.mil), or visit [afmarathon.wpafb.af.mil](http://afmarathon.wpafb.af.mil).



## Water Intake

By Paula Willard

Today Americans consume more coffee and soft drinks than water. These beverages, along with tea and alcohol, actually dehydrate the body. For every ounce you drink, at least that many ounces of water are pulled out of your skin and released through urine. Much worse than the skin dehydrating, though, is the dehydration of the internal organs, connective tissue and the brain.

Water is essential for all anabolic repair functions. Inadequate fluid intake and excess water loss can disrupt critical cell function. Most people experience this nearly everyday since the body can become significantly dehydrated before we feel thirsty.

Drinking plenty of water can slow the aging process and may reduce the risk of cancer. A study at the Fred Hutchinson Research Center in Seattle found women who drank only two glasses of water a day had nearly twice the risk of colon cancer than women who drank four glasses. In another study, women who drank the most water less likely to develop bladder cancer than women who drank the least. Increased water intake also reduces headaches, muscle aches, hangovers, fatigue, constipation, and heartburn.

Before you eat or drink anything in the morning, sip about four ounces of water every two to three minutes until you are no longer thirsty. Add up all the four-ounce servings that you consumed, and you will discover your body's true metabolic need for water.

## Investing in Gold

By David Herman

Prudent investors use precious metals such as gold to balance their investment portfolio. The price of gold typically moves inversely with stock prices and provides a sort of "insurance" against a flagging economy and worldwide turmoil.

Gold has risen over 36 percent since March 2002 and recently broke through the \$410 level. Most experts believe that the current rally in gold is sustainable through 2004. The continued devaluation in the dollar combined with strong demand for gold in the booming economies of Asia has analysts calling gold at \$480 to \$500 per ounce this time next year.

### How to Invest In Gold

For investors who value the ease with which coins may be bought, sold and converted into cash, bullion coins make an excellent choice. Guaranteed by the issuing nation, a gold bullion coin is usually a legal tender coin with a nominal face value. For example, the 1-ounce, \$50 American Gold Eagle bullion coin can be bought and sold at hundreds of precious metals dealers worldwide. Other gold bullion coins to consider are the Canadian Maple Leaf, Australian Kangaroo, and the Panda coin from China.

Bullion coins usually have no collector value, with the exception of early date issues of the Panda

coin, which are valued both for their bullion content and numismatic (rare coin value) appeal.

### Coins for Investors

Numismatic coins, such as pre-1933 \$20 Gold coins (Double Eagles) are highly sought after by astute collectors and investors for the beauty, historical value and investment potential. Double Eagles weigh just under an ounce and are available in two varieties, the Liberty Head minted from 1850-1907 and the Saint Gaudens type, minted 1907 to 1933.

U.S. Double Eagles offer the best of bullion and numismatics in one investment. They contain the intrinsic security of bullion and can also offer extraordinary profit potential regardless of the price of gold.

Many investors appreciate the private nature when making a purchase of U.S. \$20 gold coins. U.S. \$20s are one of the few remaining investments that can be accumulated privately. Also, under current federal law, gold bullion coins may be confiscated by the federal government in times of national crisis. As collectibles, \$20 Double Eagles (rare coins/collectibles) do not fall within the provisions permitting confiscation.

*David Herman is a senior economist with Eastern Numismatics Inc. Story/photo courtesy ARA Content.*





# Youth Selected for Performing Arts Camp

Family Member Programs Division has selected its list of teenagers to attend the Performing Arts Camp to be held 26-30 July. The staff reviewed 136 application tapes to select the 44 lucky teens. What a great response!

The rustic campsite is located on Seeley Lake near Missoula, Montana. The Missoula Children's Theater is hosting the camp and will provide a great experience for teens involved in the performing arts. Daily sessions with professional actors, choreographers, singers, and other production professionals will provide a challenging and exciting week for the campers.

The teens selected will be contacted by their community center, youth center or other base representatives to confirm their availability. There is a long list of alternates waiting to replace anyone who can't go.

Additional information will be sent to each participant when their availability is confirmed.

## Selection List

Algueseva, Hillary -- Lackland  
 Armagost, Charinity -- Moody  
 Belanger, Lauren -- Travis  
 Benoit, Christopher -- Hill  
 Blakely, Carla -- Langley  
 Brescia, David -- Elmendorf  
 Brun, Krystal -- Peterson

Cannafax, Leanna -- Moody  
 Crownharte, Corey -- Mt Home  
 Deal, Alicia -- Holloman  
 Defrancis, Lukas -- Moody



Fraley, Joseph -- Osan  
 Galang, Megan -- Randolph  
 Garza, Rafael -- Mildenhall  
 Gilmore, Nicole -- Minot  
 Goodman, Michael -- Tinker  
 Green, Byran -- Randolph  
 Guillot, Jessica -- Maxwell  
 Harris, Parker -- Seymour  
 Johnson, Melanie -- Charleston

Kimbell/Burgess, Amanda --  
 Moody  
 Kring, Ryan -- Hanscom  
 Kring, Randy -- Hanscom  
 Maack, Linda -- McGuire  
 Meyer, Jordan -- Little Rock  
 Murphy, Cheyenne -- Travis  
 Protacio, Kristle -- Yokota  
 Ross, Kayla -- Travis  
 Rubio, Kayla -- Beale  
 Stein, Erin -- Moody  
 Stroder, Stacia -- Lackland  
 Summers, Jessica --  
 Little Rock  
 Tedford, Ashley -- Vandenberg  
 Tomasino, Jerad -- Offutt  
 Trent, Erik -- Offutt  
 Turner, Danielle -- Edwards  
 Smith, Tiffany--  
 Randolph  
 Vredevoogd, Danielle -- Beale  
 Willett, Alyssa -- Osan  
 Williams, Deidra -- Beale  
 Wilson, Tara -- Yokota  
 Wong, James -- Minot  
 Young, Kristin -- Lakenheath  
 Zuniga, Jaclyn -- Lackland



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[www.afsv.af.mil/FamilyMemberPrograms/communitycenterprograms](http://www.afsv.af.mil/FamilyMemberPrograms/communitycenterprograms)

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